

EXAM PRACTICE TEST 3

READING TASK

Task 1. (1 point per item). Read the text and decide whether the statements are **True** or **False**.

HERBAL MEDICINE

1. Herbal plants are found in graveyards. _____
2. Modern medical firms use herbs for their production. _____
3. Only gifted people could use herbs for healing. _____
4. Knowledge about herbs came from ancestors. _____
5. Herbal medicine is popular among educated people. _____
6. Modern medicine is a complex of herbs and different diseases. _____
7. Nowadays Europeans are widely using ancient Greek herbal practice. _____
8. The invention of medicine is followed by mistakes. _____
9. Pharmacology relies on herbal theories. _____
10. Scientists have been trying to define the most effective constituents of herbs. _____
11. Making new drugs requires separating certain herb components. _____
12. Extraction of some substance from plants can prove useful. _____

Perhaps all human cultures throughout the world and throughout history have used some form of herbal medicine. Certainly plants which are still used as medicines have been found in ancient burial sites around the world – the oldest may be the grave of a Neanderthal man from (what is now) Northern Iraq estimated to be 60,000 years old. Currently, worldwide, most medicines are still derived from plant sources.

Within different cultures herbal medicines have been used in different ways. In Britain, until relatively recent times, there were folk healers with a reputation for curing particular complaints. These people often learned their skill from their parents and would typically only use a small number of plants and would only claim to be able to help one or two types of affliction. The old herbals in this country were to some extent originally compilations of such information.

Traditional healers around the world have learned to find plants within their immediate environment that help to heal a range of illnesses and injuries. Virtually all tribal peoples around the world employ some form of herbal medicine. Many cultures have developed complex theoretical frameworks for understanding both disease and the application of herbs as medicine. Herbal medicines are an important part of Traditional Chinese medicine, of Ayurvedic practice in India, and of Tibb Unani medicine across the Islamic world. Herbs were the main tools for improving health in the ancient Greek theories of health and illness and these formed the basis of medical knowledge in Europe up until the modern era.

Over thousands of years of trial and error use, detailed pictures of the actions and applications of plant medicines have been compiled and refined. The theoretical constructs around their use change, but the plants remain. Over the last 150 years traditional descriptions of the ways in which plants work as medicines have been supplemented with biochemical analysis and research into plant pharmacology. Initially this research saw the development of pharmaceutical drugs derived from plant sources. Plants were analyzed to determine which, of the dozens of complex organic compounds of which they are

composed, were the “active constituents”. The thinking was along the lines of “why give a patient a herb tea with an indeterminate amount of active ingredients, when it is possible to administer a small white pill with precisely measured amounts?” And so drugs such as digoxin, derived originally from foxgloves, and aspirin, based on chemicals found in meadowsweet and willow bark, were isolated and then synthesized artificially.

More recently we have discovered that the effect of isolating a medical compound from its parent plant usually increases the number of side effects associated with that drug. The substances in plants that chemists wanted to eliminate from medicines turn out to have a modulating effect on a herb’s actions and are often beneficial. For example, if meadowsweet is used as an anti-inflammatory, it does not have the stomach-irritating side effects that are associated with aspirin. It seems that nature has provided us with well formulated drugs in the form of the weeds that grow on our doorsteps!

(Adapted from BBC NEWS)

12 points	
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Task 2. (1 point per item). You are going to read a newspaper article. Five sentences have been removed from the text. For questions 1–5 choose from the sentences A–F the one which best fits each gap. There is one extra sentence you do not need.

CAUSES OF ADDICTION

- A. The behaviour takes on a self-perpetuating life of its own.
- B. These factors do not lead to substance misuse or dependency.
- C. However, in some people those experiences uncover a powerful attraction.
- D. There are cultural and social factors that put people at greater risk.
- E. As yet there is no definite answer and no one has discovered a singular cause.
- F. However, there are some people who can indulge without falling into addiction.

Most people are aware of the dangers associated with addictions but the number of addicts is steadily growing. So, why do people still become addicted to dangerous substances? This is a question researchers have grappled with for some time. 1. _____. Obviously, if people didn’t drink alcohol, use drugs, gamble or indulge in other potentially destructive behaviours they wouldn’t become addicted. 2. _____.

People take drugs, for instance, because of their physical effects. They have a marked effect on the body and mind. If there were no effect, people would be unlikely to repeat the experience. No one sets out to become addicted.

Crucially, substances and certain behaviours change the way we feel. If they make us feel better, relax us, make us feel powerful, excite us, let us escape and so on, we tend to go back to them. 3. _____. What can start out as casual experimentation, normal social behaviour or even a doctor’s prescription, can lead to repeating the behaviour more frequently and with greater quantities. The more you do, the more likely you are to do more.

Following the psychological shift to dependence, the brain’s chemistry may start to adapt, demanding ever more of what it’s grown used to and fiercely resisting the discomfort of withdrawal. 4. _____.

What makes some people more susceptible is perhaps a genetic predisposition. This theory, with some evidence now to support it, makes sense especially since addiction crosses social divides. However, this is still debatable.

5. _____. For instance, you are less likely to become alcohol dependent growing up in a country where alcohol consumption is unacceptable than where it is a normal part of everyday life. Growing up in a family where there is alcohol or drug abuse increases the risk. This is also the case for people who suffer childhood trauma, abuse and neglect.

(Adapted from BBC NEWS)

5 points	
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Task 3. (1 point per item). You are going to read an article about Martin Luther King. Choose the most suitable heading from the list A–F for each part (1–5) of the article. There is one extra heading you do not need to use.

MARTIN LUTHER KING'S STYLE OF LEADERSHIP

- A. Ready to fight
- B. Predicting the consequences
- C. Two political parties united
- D. Ever lasting debates
- E. Talent to persuade others
- F. A good diplomat

1. _____

There were many leaders in the civil rights struggle, but Martin Luther King was more than just the most conspicuous – and eloquent – among them. Thanks to the miracle of television, Martin Luther King Junior is vividly remembered as an inspirational speaker, whose leadership was seemingly rooted in oratory. Speeches such as the 'I Have A Dream' at the civil rights march in Washington of August 1963 galvanized people of all races, and created an unprecedented bipartisan coalition for anti-racist legislation.

2. _____

King undoubtedly spoke to, and for, African Americans, and their mounting challenge to white oppression sprang from hearing his non-violent call to arms. When he died the non-violent movement seemed unable to continue without him, and this deepened the impression that he was its essential leader. His leadership, however, was always being questioned during his lifetime, and this has continued since his death.

3. _____

This leadership was not confined to fine speeches. In private meetings, King was generally quiet. He listened while others argued, often angrily and at length, and then he would calmly sum up the debate and identify a way forward. From the outset of his career in Montgomery in 1955, right through to his death in 1968, King had a remarkable ability to get people who would otherwise be constantly feuding to work together. He was consistently reluctant to sever or sour relations with anyone who might help the cause.

4. _____

While King rarely relaxed in public, especially in white company, his conspicuous gravitas commanded respect. This persona was partly why he was chosen to lead the Montgomery bus boycott, and why he emerged to publicize not just the boycott, but the freedom struggle in general. The media quickly spotted his ability to articulate the moral dimensions of the struggle in ways that appealed to moderate public opinion, especially away from the South. He made it easier to accept change.

5. _____

Although King cultivated a coalition of people of 'good will', he learned that he needed more than simply moral suasion to overturn segregation. He recognized that local leaders in the South would be more likely to give concessions if the movement generated sufficient economic pressure, through boycotts and downtown protests, and through mass arrests.

(Adapted from BBC NEWS)

For questions 6–13 use the information given in the text to complete the sentences. Find in the text words which mean the same as the underlined words below. There is an example (00).

00. I clearly remember the day I first met her.

I vividly remember the day I met her.

6. The idea was firmly established in his mind.

The idea was _____ in his mind.

7. The process of making laws was tiring and not very successful.

The _____ was tiring and not very successful.

8. We could feel increasing tension in the faces of employees.

We could feel _____ tension in the faces of employees.

9. Her ambitions to make a career were not restricted to getting high education.

Her ambition to make a career _____ getting high education.

10. He became noticeable as a leader at the age of forty five.

He _____ as a leader at the age of forty five.

11. The burglar was noticed in the crowd by the shop-owner.

The burglar _____ in the crowd by the shop-owner.

12. The idea of camping seemed interesting to me.

The idea of camping _____ to me.

13. His liveliness usually produced a lot of enthusiasm.

His liveliness usually _____ a lot of enthusiasm.